

## **Activity #10: Goals for Self-Control**

### **Section 3: Self-Control**

#### **Group 1: Control of behavior**

- Follows classroom rules during activities and transitions
  - Responds to signals, exercises patience, and controls impulses
  - Cares for materials
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#### **Group 2: Control of emotions**

- Recognizes and describes own feelings
  - Expresses emotions appropriately; recognizes difference between feelings and behavior
  - Has strategies for modulating the intensity of emotions (both positive and negative)
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#### **Group 3: Control of attention**

- Sustains attention to complete a task
- Follows steps in a task or routine
- Focuses on group activities—listening, responding, and contributing